CLAIMS

What is claimed is:

1. A fastener comprising:

an outer member including a cavity;

an inner member integral with said outer member wherein one of said inner and outer members includes a cam for displacing said outer member outwardly.

- 2. The fastener of claim 1 wherein said outer member further includes a sleeve head, an insertion tip and an intermediate portion extending between said sleeve head and said insertion tip.
- 3. The fastener of claim 1 wherein said outer member includes a sleeve head, an insertion tip and an intermediate member having a first section extending from said sleeve head and a second section extending from said insertion tip, said first and second sections meeting to form a first living hinge.
- 4. The fastener of claim 3 further including a second living hinge between said intermediate member and said insertion tip.

5. A fastener capable of being secured to a substrate member and having an uncoupled position and a coupled position, said fastener comprising:

an outer member defining a cavity, an inner member integrally formed with said outer member, said inner member and disposed in said cavity, and said outer member defining a longitudinal axis and wherein said outer member is moved along said longitudinal axis from the uncoupled position to the coupled position relative to said inner member.

- 6. The fastener of claim 5 wherein said outer member further includes a sleeve head, an insertion tip, and an intermediate portion extending between said sleeve head and said insertion tip, said intermediate portion defining said cavity for receiving said inner member and wherein said sleeve head includes a head recess and said inner member includes a shank head configured to be at least partially received within said head recess when said outer member is in the coupled position.
- 7. The fastener of claim 6 wherein said sleeve head further includes a notch to permit pryable release of said outer member from said coupled position.
- 8. The fastener of claim 6 wherein said sleeve head includes a sleeve seat and said shank head includes a shank seat, said shank seat and said sleeve seat being approximately coplanar when said outer member is in the coupled position.

- 9. The fastener of claim 1 wherein said inner member includes a cam for displacing said outer member away from said longitudinal axis as said outer member moves from the uncoupled position to the coupled position.
- 10. The fastener of claim 9 wherein said outer member includes a sleeve head, an insertion tip, and an intermediate portion extending between said sleeve head and said insertion tip, said intermediate portion including a first arm and a second arm, said first and second arms each including a lower projection and said cam further including a cam surface operative and engaging said projections to displace said first and said second arms away from said longitudinal axis as said outer member is moved from the uncoupled position to the coupled position.
- 11. The fastener of claim 1 further including a first releasable locking mechanism having an upper projection located on one of said outer member and said inner member and an upper recess located on the other of said outer member and said inner member, said upper projection being disposed within said upper recess when said outer member is in the coupled position.
- 12. The fastener of claim 11 further including a second releasable locking mechanism having a lower recess located on one of said inner member and said outer member and a lower projection located on the other of said outer member and said inner member, said lower projection being disposed within said lower recess when said outer member is in the coupled position.

- 13. The fastener of claim 5 wherein said outer member includes a sleeve head, an insertion tip, and an intermediate member having a first section extending from said sleeve head and a second section extending from said insertion tip, said first and second sections meeting to form a first living hinge.
- 14. The fastener of claim 13 further including a second living hinge between said insertion tip and said intermediate member.
- 15. The fastener of claim 13 wherein said intermediate member includes a first and second arm, said inner member being located between said arms and wherein said arms operatively engage said inner member to displace the arms away from the longitudinal axis as said outer member is moved from the uncoupled to the coupled position.
- 16. The fastener of claim 5 wherein said fastener is a one piece injection molded part.
- 17. The fastener of claim 5 wherein said outer member further includes a sleeve head having a coupling mechanism for coupling an item to the substrate member.

- 18. The fastener of claim 5 wherein said inner member includes an angled surface and an upper recess and wherein said outer member includes an upper projection, said upper projection engaging said angled surface to displace said outer member away from said longitudinal axis as said outer member is moved from the uncoupled position to the coupled position, said upper projection being coupled to said upper recess in the coupled position.
- 19. A fastener having a longitudinal axis, said fastener capable of securing a first member to a substrate member, said fastener comprising:

an outer member having a sleeve head, an insertion tip, and an intermediate member, said sleeve head including a head recess and said outer member defining a cavity;

an inner member integral with said outer member and extending in said cavity from said insertion tip toward said sleeve head, said inner member including a shank head configured to fit within said head recess;

a cam for displacing said intermediate member away from the longitudinal axis as said outer member moves from an uncoupled position to a coupled position; and

a releasable locking mechanism for retaining said outer member in said coupled position.

20. The fastener of claim 19 wherein said shank head includes a shank seat and said sleeve head includes a sleeve seat, said sleeve seat and said shank seat being formed so that said shank seat first engages the substrate member as a force is applied along the longitudinal axis to the sleeve head to move the fastener from the uncoupled position to the coupled position and wherein in the coupled position said sleeve seat and said shank seat are approximately aligned.